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August 6, 2019

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# ICU RESEARCH Newsletter

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Dear ICU Team,

I'm so delighted to share that I have recently accepted a position as the Critical Care Nurse Scientist for the Critical Care Division. This is truly a dream come true for me – to be able to work directly with nurses to help their ideas come to life in the form of research. I'll be working 4 hours per week on various research and evidence based practice initiatives across the units that **YOU** design and direct. The overall mission of my efforts is to educate, empower, and equip clinicians to conduct research and advance evidence-based practice to support innovative care delivery.

**So here's how this will work:**

1. First, you see something in your practice that you think nurses could do better. You see a "gap" in our knowledge of a physical or psychological phenomenon. You have a burning clinical question. You have a great idea for a practice change.
2. Then, you email or call me!
3. I mentor you through the entire research process (design, methods, analysis, and dissemination) and you present and publish your findings.
4. Together we change clinical practice, increase nurse participation in clinical research, enhance interprofessional participation, and improve patient care within the Division.

Specific tasks that I can help you with include: 1) Literature search, review, and critique; 2) Study design; 3) Grant writing; 4) IRB application submission; 5) Participant recruitment; 6) Data management; 7) Data analysis; 8) Abstract writing; 9) Poster and podium presentation development; 10) Manuscript writing.

-Breanna Hetland



**Breanna Hetland, PhD, RN,  
CCRN-K**

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## Research Project 1

*Animal Assisted Interaction with a Robot Seal During Physical and Occupational Therapy Sessions in the Pediatric ICU*

**PARO Industries CEO Visit:** Dr. Takanori Shibata, the creator of PARO, visited UNMC on April, 22<sup>nd</sup> to meet our research team and to learn more about how PARO will be used in our study at Nebraska Medical Center.

**UPDATE on Progress:** We officially started study recruitment in July. Currently, we have enrolled 1 pediatric patient.

- **For the study we will need 30 PICU patients** between the ages of 5-18 who are receiving physical and/or occupational therapy.
- The study will examine the therapeutic effect of PARO™ Robot Seal on patient psychological variables (pain, anxiety) physiological variables (heart rate [HR], blood pressure [BP], respiratory rate [RR], oxygen saturation [O2]), and sedative and analgesic medication requirements



## Research Project 2

*Evaluation of a Web-Based Intervention to Promote Family Caregiver Engagement in Symptom Assessment and Management during Mechanical Ventilation in the Intensive Care Unit*

**UPDATE on Progress:** In June, we conducted a caregiver focus group and ICU nurse focus group to test the iPad app we have developed. The feedback was incredibly positive and users felt the app was easy to navigate and understand, as well as visually appealing.

- The app is undergoing final edits and **we hope to start recruitment in August.**
- The program contains learning modules that will help caregivers assess loved one's distressing symptoms while they are on the ventilator. The learning modules will also teach them how to apply several healing techniques such as aroma therapy and pressure point massage to help their loved one feel better. Caregivers will be asked to use the app at the bedside while visiting the ICU patient.

### MEET THE RESEARCH ASSISTANTS

*We have added three new research assistants to our team!*

#### **Alison Moody BSN, RN, CCRN**

**Hometown:** Dallas, TX

**Interest in Research:** I'm

excited for the opportunity to not only investigate ways in which we can continue to improve nursing practice, but in turn also improve the care we provide for patients, and ultimately patient outcomes. Research is also all about problem solving and resilience, two traits close to the heart of any ICU nurse!

**Interesting Fact:** I've lived in over 5 different states and 17 different cities, all before the age of 18!

#### **Christina Bach BSN, RN, CCRN**

**Hometown:** Jacksonville, FL

**Interest in Research:** The bridge between research and clinical application really interests me. It's exciting to be able to participate in projects that could improve patient outcomes and lead to evidence-based practice.

**Interesting Fact:** I lived in Singapore for 5 years when I was growing up!

#### **Emily Freeman BSN, RN**

**Hometown:** Waverly, KS

**Interest in Research:**

Continually improving and advancing the way we care for patients is important.

**Interesting Fact:** I still hold the 3-point record in basketball at my high school.



Jen Heusinkvelt  
BSN, RN



Erin Grofts  
BSN, RN



Ellie Rubenfeld  
BSN, RN, CCRN



Alison Moody  
BSN, RN, CCRN



Christina Bach  
BSN, RN, CCRN



Emily Freeman  
BSN, RN